



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **DEDICATED TO COMMUNITY**

**2011-2012 Fall/Winter/Spring  
Program Guide  
NORTHWEST YMCA**

# DEDICATED TO COMMUNITY

**Welcome to the Y. We're an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of every child and teen, promoting healthy living, and giving back and providing support to our neighbors.**

**We believe that everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. We mobilize communities, so you can feel more healthy, confident, connected and secure.**

**Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.**

**Visit us today to build a healthy spirit, mind and body.**

**Sue Ball, Executive Director**



## LOCATION & CONTACT INFORMATION

### Northwest YMCA

20803 Alves Drive  
Cupertino CA 95014  
408 257 7160  
Fax 408 257 6948

See map on back cover

## WEBSITE

[nwymca.org](http://nwymca.org)

Register online at <https://reg.ymcasv.org>

## FACILITY HOURS

Monday-Friday 6 am - 10 pm  
Saturday & Sunday 7 am - 8 pm

## HOLIDAY HOURS

Labor Day Closed  
Thanksgiving Day Closed  
Christmas Eve 7 am - 3 pm  
Christmas Day Closed  
New Year's Eve 7 am - 3 pm  
New Year's Day Closed  
Easter Sunday Closed  
Memorial Day 7 am - 3 pm  
Independence Day 7 am - 3 pm

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# DEDICATED TO TODAY'S YOUTH FOCUSING ON HEALTHY LIVING DRIVING SOCIAL RESPONSIBILITY

## HOW WE DO IT

- The Y is community centered. Since our founding in 1867, we've been listening and responding to our communities' most critical needs.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

## OUR IMPACT

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

## YOUTH DEVELOPMENT

### Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

## HEALTHY LIVING

### Improving the nation's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

## SOCIAL RESPONSIBILITY

### Giving back and providing support to our neighbors

Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the communities in which they live to be healthy, confident, connected and secure.

## FACILITY MEMBERSHIP BENEFITS

With a Facility Membership, you have full use of Northwest YMCA. This includes our fitness center, group fitness, lap and recreational swimming, and access to Child Watch while you're at the Y. You also get a free Wellness Coaching appointment, access to FitLinxx, and reduced fees for programs.

## PROGRAM MEMBERSHIP BENEFITS

If you wish to participate in a particular class or program, a Program Membership is required. General usage of the Y is not included. Additional fees apply per class or program.

## BAY AREA MEMBERSHIP

Bay Area Membership gives you the freedom to use any YMCA of Silicon Valley facility location, plus more than 25 additional YMCAs in the area. Visit [nwymca.org](http://nwymca.org) for details.

## VISITING YMCAS ACROSS THE COUNTRY

During your travels, the AWAY Program (Always Welcome At YMCAs) entitles you to visit more than 2,600 YMCAs in the U.S. when you show your Y membership card. For details, call 888 333 9622 or visit [ymca.net](http://ymca.net).

## JOIN THE Y

For a personalized experience, come into the Y to connect to the support and opportunities for you and your entire family to learn, grow and thrive. You also can sign up for programs by mail or fax and register for select programs online at [nwymca.org](http://nwymca.org)

## FINANCIAL ASSISTANCE

Everyone is welcome at the Y. Financial assistance is offered to individuals and families who cannot afford membership. If you need financial assistance, please let us know or download a confidential application from our website.

## DIVERSITY AND INCLUSION

We are committed to inclusion and dedicated to promoting participation of children and adults of all backgrounds and abilities in all our programs.



# GET INVOLVED

## JOIN. GIVE. VOLUNTEER. ADVOCATE.

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders.

When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and wellness, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

**JOIN THE Y:** Be a part of a cause for strengthening community that is committed every day to helping you and your kids learn, grow and thrive.

**GIVE TO THE Y:** Donate vital financial resources for nurturing the potential of kids, improving the nation's health and wellness, and giving back and supporting our neighbors.

**VOLUNTEER AT THE Y:** Take an active role in bringing about meaningful, enduring change right in your own neighborhood.

**ADVOCATE WITH THE Y:** Address the nation's most pressing social issues, with a nonprofit that has the long-standing track record and on-the-ground presence to both promise and deliver lasting personal and social change.

Visit [nwymca.org](http://nwymca.org) for giving, employment and volunteer opportunities.



## PROJECT CORNERSTONE

A YMCA of Silicon Valley Initiative

### HELPING CHILDREN THRIVE

At the YMCA, we partner with Project Cornerstone to help adults connect with children and youth in a positive way to help young people thrive.

Research shows that there are essential elements that are crucial to their healthy development. We call these elements "Developmental Assets"—the positive experiences, relationships, opportunities and values that young people need to thrive. We integrate these into all our programs and services.

The essential building blocks for young people's successful growth and development fall into eight categories:

1. **Support**—Young people need to experience support, care, and love from their families and many others. They need organizations and institutions that provide positive, supportive environments.
2. **Empowerment**—Young people need to be valued by their community and have opportunities to contribute to others. For this to occur, they must be safe and feel secure.
3. **Boundaries and expectations**—Young people need to know what is expected of them and whether activities and behaviors are "in bounds" or "out of bounds."
4. **Constructive use of time**—Young people need constructive, enriching opportunities for growth through creative activities, youth programs, congregational involvement, and quality time at home.
5. **Commitment to learning**—Young people need to develop a lifelong commitment to education and training.
6. **Positive values**—Young people need to develop strong values that guide their choices.
7. **Social Competencies**—Young people need skills and competencies that equip them to make positive choices, build relationships, and succeed in life.
8. **Positive identity**—Young people need a strong sense of their own power, purpose, worth, and promise.

You have the power to change lives. By building assets with Silicon Valley's children and youth, you can help them to become competent, caring, and responsible adults.

# WELCOME TO THE Y

## BRANCH FEATURES

As a Northwest YMCA (NW) facility member, you have full use of the facilities at four additional YMCA of Silicon Valley locations: Central YMCA (CN), East Valley Family YMCA (EV), South Valley Family YMCA (SV), and Southwest YMCA (SW). At these facilities, enjoy full access to all our fitness centers, group exercise classes, lap and recreational swimming, and child watch while you're at the Y, including activities that are unique to individual branches. For access to even more YMCA of Silicon Valley locations, visit us at [ymcasv.org](http://ymcasv.org)

### FOR YOUTH DEVELOPMENT

#### Child Care

	CN	EV	NW	SV	SW
Child Watch (while you're at the Y)	●	●	●	●	●
Kinder Readiness				●	
Preschool Child Care (Licensed)		●			
School-age Child Care (Licensed)	●	●	●	●	●

#### Education & Leadership

Art, Dance, Theatre Classes		●		●	
Preschool Activities	●	●		●	

#### Swim, Sports & Play

Swim Lessons	●	●	●	●	●
Swim Teams	●	●	●	●	●
Teen Programs	●	●	●	●	●
Youth Sports	●	●	●	●	●

#### Camp

School Holiday Camps	●	●	●	●	●
Summer Day Camps	●	●	●	●	●

## CHILD WATCH

Children ages 6 weeks to 10 years old can have fun in Child Watch while you're at the Y. Your child will have a positive social experience in a safe, caring and friendly environment. All our staff are CPR/first aid certified.

If you are a facility member, your child can enjoy Child Watch at no additional cost for up to 90 minutes each day. If you need an additional 30 minutes, let our staff know, and we will let you know if space permits.

### HOURS

<b>Mon/Wed/Fri</b>	8:30 am – 2 pm and 4–9 pm
<b>Tue/Thu</b>	8:30 am – 1:15 pm and 4–9 pm
<b>Saturday</b>	8 am – 12:30 pm
<b>Sunday</b>	8:30 am – 12:30 pm

Child Watch will close a half hour prior to facility closing when holiday hours apply. See page 3 for holiday hours.

### FOR HEALTHY LIVING

#### Family Time

	CN	EV	NW	SV	SW
Family Activities	●	●	●	●	●
Parent-Child Activities	●	●	●	●	●

#### Health, Well-being & Fitness

Aqua Fitness	●	●	●	●	●
BodyPump™	●	●	●	●	●
Cardio/Strength Group Exercise	●	●	●	●	●
Cardio/Strength Training	●	●	●	●	●
Dry Sauna	●				
FitLinxx	●	●	●	●	●
Free Weights	●	●	●	●	●
Group Cycling	●	●	●	●	●
Group Exercise Classes	●	●	●	●	●
Martial Arts		●	●		●
Older Adult Activities	●	●	●	●	●
Outdoor Spa	●				
Personal Training (Certified)	●	●	●	●	●
Pilates (Mat-based)	●	●	●	●	●
Pilates Reformer			●		●
Swim Lessons	●	●	●	●	●
Weight Loss Programs	●	●	●	●	●
Yoga	●	●	●	●	●

#### Sports & Recreation

Gymnasium/Basketball Courts	●	●			
Handball/Racquetball Courts	●				
Lap Swimming	●	●	●	●	●
Pool (Indoor)	●	●	●		●
Pool (Outdoor)	●			●	
Recreational Swimming	●	●	●	●	●
Rock Climbing Wall		●			

## STAY IN THE KNOW

### Member Newsletter

Join our email list at [nwymca.org](http://nwymca.org) to get our monthly member newsletter and the latest updates and information.

### Facebook

Find us on Facebook and get up-to-the-minute information. [www.facebook.com/ymca.northwest](http://www.facebook.com/ymca.northwest)

### Online Registration

Register online at <https://reg.ymcasv.org>

# CHILD CARE

## NURTURING YOUR CHILD'S POTENTIAL

Children are like sponges - they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our before-school, kinder time and after-school child care programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other.

At the Y, little ones experience early literacy and learn about their world. School-age kids make friends, learn new skills and do homework. Most importantly, children learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow.

At Northwest YMCA, we offer nine high quality, state-licensed child care programs that will help build a strong academic and social foundation for your child.

### Locations:

<b>YMCA – Blue Hills</b> Lic. #430709857	<b>408 725 0505</b> 12300 De Sanka Ave., Saratoga 95070
<b>YMCA – Eisenhower</b> Lic. #430709334	<b>408 249 5330</b> 277 Rodonovan Dr., Santa Clara 95051
<b>YMCA – John Muir</b> Lic. #430709795	<b>408 253 7440</b> 6460 Hanover Dr., San Jose 95129
<b>YMCA – Lincoln</b> Lic. #430709858	<b>408 996 9260</b> 21710 McClellan Dr., Cupertino 95014
<b>YMCA – McAuliffe</b> Lic. #434408885	<b>408 725 0157</b> 12211 Titus Ave., Saratoga 95070
<b>YMCA – Meyerholz</b> Lic. #430703923	<b>408 252 7450 Ext 235</b> 6990 Melvin Dr., San Jose 95128
<b>YMCA – Millikin</b> Lic. #430710259	<b>408 243 6577</b> 2720 Sonoma Pl., Santa Clara 95051
<b>YMCA – Stevens Creek</b> Lic. #430709463	<b>408 737 9844</b> 10300 Ainsworth Dr., Cupertino 95014
<b>YMCA – West Valley</b> Lic. #430709332	<b>408 245 6775</b> 1635 Belleville Way, Sunnyvale 94087

The Northwest YMCA Child Care program is a strong advocate of Project Cornerstone's 41 Developmental Assets and intentionally incorporates its ideas, philosophies, and content into daily interaction with youth and family participants. For more details, please visit [www.projectcornerstone.org](http://www.projectcornerstone.org)



# EDUCATION & LEADERSHIP

## TEEN PROGRAMS

### TEEN CENTERS

We operate two after-school teen centers at Northwest YMCA and Hyde Middle School; however, teens who attend Lawson, Kennedy, Cupertino, Hyde and Miller middle schools are encouraged to join. Activities include homework assistance, a daily snack, team building and character development, service learning projects, field trips, and time to relax and have fun after school. Your teen can also help plan activities.

Transportation is available for an additional fee for teens traveling to Northwest YMCA.

**Hours:** School dismissal until 6 pm

**Fee:**

Month	3 Days/Week	5 Days/Week	Monthly Transportation
August	\$144	\$180	\$200
September	\$216	\$360	\$275
October	\$216	\$360	\$275
November	\$216	\$288	\$250
December	\$108	\$216	\$200
January	\$270	\$360	\$275
February	\$162	\$288	\$250
March	\$216	\$378	\$275
April	\$162	\$288	\$250
May	\$270	\$378	\$275
June	\$90	\$144	\$200

A current \$25 program membership fee per year is required for registration.

A late fee of \$15 will apply for the first 15 minutes after the Teen Center closes at 6 pm. An additional \$1 per minute fee will apply after the first 15 minutes.

### TEEN IN-SERVICE DAYS AND HOLIDAY CARE

At Northwest YMCA, your teen can enjoy moments with us during In-service days throughout the year when school is closed. They'll go on walking field trips, work on team building activities, experience opportunities to learn, grow and thrive, and enjoy a day of fun.

**Dates:** Friday, September 23  
Monday, October 31  
Monday, November 21  
Tuesday, November 22  
Wednesday, November 23  
Monday, March 19, 2012  
Friday, March 23, 2012

**Hours:** 7 am – 6 pm

**Fee:** \$55/day\*

**Location:** Northwest YMCA Teen Center

A late fee of \$15 will apply for the first 15 minutes after the end of an In-service Day. An additional \$1 per minute fee will apply after the first 15 minutes.

### TEEN CENTER SCHOOL BREAK CAMP

Your teen can enjoy camps during week-long school breaks. They'll go on field trips, work on team building activities, experience opportunities to learn, grow and thrive, and enjoy a day of fun.

**Dates:** **Winter Recess I** December 19–23  
**Winter Recess II** December 26–30  
**Mid-year Recess** Feb. 21–24, 2012  
**Spring Recess** Apr. 16–20, 2012

**Hours:** 7 am – 6 pm

**Fee:** \$55/day\*

A late fee of \$15 will apply for the first 15 minutes after the end of a School Break Camp. An additional \$1 per minute fee will apply after the first 15 minutes.

\* A current \$25 program membership fee per year is required for registration.

**REGISTER NOW**

For more details on teen programs, call 408 351 2470.

## YOUTH & GOVERNMENT

This program will change your life! This is a fantastic program for any teen interested in politics. Youth & Government encompasses two programs, Model Legislature & Court and Model United Nations.

### MODEL LEGISLATURE & COURT

Model Legislature & Court is for teens entering 9th-12th grade who enjoy debating and have an interest in politics. During weekly meetings held during evening hours at the YMCA, you'll prepare for three conferences. Two conferences are held at Camp Roberts in San Luis Obispo, and the Mock Legislature is in Sacramento in February. During your weekly meetings and at the two conferences, you'll discuss current issues in the state and gain hands-on experience in how the government works. You'll work with other teens, called "Delegates," to write a bill, prepare briefs, select governmental positions to role-play, and run for elected offices. Your ultimate goal—to "take over" the State Capitol in Sacramento in February for one week, where you'll walk inside the Supreme Court, present your case to a judge, debate on the Senate and Assembly chamber floors, meet state politicians, and have fun during social outings, where you can hang out with thousands of teens from across California.

**Registration Opens:** August 1

**Dates:** September 7, 2011 – March 14, 2012

**Meeting Night:** Wednesdays, 6:30–8 pm

**Fee:** \$900\*

**Meeting Location:** Northwest YMCA Teen Center

### Informational Meeting

Free BBQ Social  
Tuesday, August 9  
7–9 pm  
Northwest YMCA Sky Room

## MODEL UNITED NATIONS

Model United Nations is for teens entering 6th–8th grade. You'll attend training at Camp Roberts in San Luis Obispo, where you will get to meet more than 300 other teens, called "Delegates," from all over California. The four-month program culminates at the end of May, when delegates from around the state meet in Southern California to establish their own student-run United Nations. Weekly meetings are held in the evenings from January through May.

**Registration Opens:** August 1

**Dates:** January 20 – May 11, 2012

**Meeting Night:** Fridays, 6:30–8 pm

**Fee:** \$850\*

**Meeting Location:** Northwest YMCA Teen Center

### Informational Meeting

Wednesday, December 7  
7 pm  
Northwest YMCA Teen Center

\* A current \$25 program membership fee per year is required for registration.



# SWIM, SPORTS & PLAY

## YOUTH SWIM LESSONS

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, the Y is about building the whole child, from the inside out.

### AQUATICS PHILOSOPHY

Through YMCA aquatic programs, youth and adults can build internal strength and positive values while learning vital water safety skills for life. Water is a relaxing environment for effective exercise, physical therapy, skill development, stress release, and family fun.

### BIRTHDAY PARTIES

Celebrate your birthday at Northwest YMCA.

Choose from a variety of packages, including using our party room and bounce house or Aquatic Center for birthday fun. We'll provide you with a party host to help support your two-hour party.

<b>Time:</b>	Two-hour party options	
<b>When:</b>	Saturdays, 2–4 pm Saturdays, 4–6 pm Sundays, 11 am – 1 pm	
<b>Options:</b>	Room Only	
	Facility Member \$150	Program Member \$180
	Room and Bounce House	
	Facility Member \$200	Program Member \$240
	Room and Pool	
	Facility Member \$300	Program Member \$360

For details call 408 351 2442.

### YMCA SWIM LESSONS

YMCA swim lessons include five principal components for youth: personal safety, personal growth, stroke development, games and fun, and water rescue. We teach in a progressive way using positive reinforcement and incorporating our values of caring, honesty, respect and responsibility.

During each session, your child receives a progress report that indicates the skills they have learned and the appropriate level for the following session. Progress reports are given out during the session.

In our youth swim lesson program, we offer classes for:

- Parent/Child** 6–36 months
- Preschool** 3–5 years
- Youth** 6–14 years

For your child's safety, if your child has not taken a YMCA swim lesson in the past year, he or she will need to take a swim placement test. For more details, see our staff.

**For details on adult (15 and older) swim lessons and water activities, see page 26.**



### **Parent/Child 6–36 months**

This 30-minute class is taught at combined levels with a parent accompanying the child in the water. We introduce basic water skills at your child's development level using fun songs and games and build on those skills, as your child progresses. **Class Ratio: 1:10**

### **Pike + (Beginner) 2–3 years**

Pike + is for the beginner who is both familiar with and comfortable in the water. This class offers instruction based on the Pike level but at an accelerated pace. **Class Ratio 1:4**

### **Pike (Beginner) 3–5 years**

Pike is for the swimmer who is brand new or has had little swimming experience. We teach water adjustment skills and help your child develop independent movement for basic arms, kicking, breathing, and pool safety. **Class Ratio 1:4**

### **Eel (Intermediate Beginner) 3–5 years**

Eel is for the swimmer who is comfortable submerging the whole face in the water. We teach front and back floats, progressive freestyle, and backstroke for at least 5 feet without a flotation device. **Class Ratio 1:4**

### **Ray (Advanced Beginner I) 3–5 years**

Ray is for the swimmer who can swim with the basic skills of freestyle and backstroke for a distance of 5 feet without a flotation device. Classes focus on stroke development for freestyle and backstroke, with an emphasis on proper side breathing and body positioning. **Class Ratio 1:4**

### **Starfish (Advanced Beginner II) 3–5 years**

Starfish is for the swimmer who can swim both freestyle and backstroke for 15 feet without a flotation device. This class reviews and improves freestyle and backstroke technique, with an emphasis of introducing breaststroke. **Class Ratio 1:4**

### **Polliwog + (Beginner) 4–6 years**

Polliwog + is for the beginning swimmer who is comfortable in the water in learning groups. This class offers instruction based on the Polliwog level and is for children who have passed Starfish. **Class Ratio 1:5**

### **Polliwog (Beginner) 6–14 years**

Polliwog is for the swimmer who is brand new or has little swimming experience. We teach water adjustment skills and help your child develop independent movements for basic freestyle and backstroke. **Class Ratio 1:5**

### **Guppy (Advanced Beginner) 6–14 years**

Guppy is for the swimmer who can swim freestyle and backstroke for 20 feet without a flotation device while submerging their face in the water. We teach front and back float with side breathing. **Class Ratio 1:5**

### **Minnow (Intermediate) 6–14 years**

Minnow is for swimmers who can swim 25 yards on front and back without a flotation device. Lessons include front crawl with rotary breathing, backstroke, beginning breaststroke and butterfly. **Class Ratio 1:5**

### **Fish (Advanced I) 6–14 years**

Fish is for swimmers who can swim 50 yards breaststroke and butterfly. This class reviews and improves front, back and side breathing and builds endurance. **Class Ratio 1:5**

### **Flying Fish (Advanced II) 6–14 years**

Flying Fish is for children who can swim 75 yards freestyle with rotary breathing, backstroke, breaststroke and butterfly. Your child learns open turns and improves all strokes. **Class Ratio 1:5**

### **Youth Swim Team 7 and older**

Youth Swim Team is for the advanced youth swimmer, who has completed the flying fish level and is very comfortable with freestyle, breaststroke, backstroke and butterfly. Through noncompetitive swim meets, we focus on refining strokes while teaching racing skills such as starts, flip turns and teamwork. Youth Swim Team members develop their skills to improve their personal bests during meets. To join our team, you must complete a swim placement test. **Class Ratio 1:20**

## **PRIVATE AND SEMI-PRIVATE LESSONS**

Private and semi-private lessons, for ages 3 and over, enable your child to receive extra attention to focus on developing their strokes and skills.

### **Instructor to student ratios:**

Private 1:1

Semi-private 1:2

# SWIM, SPORTS & PLAY

## YOUTH SWIM LESSONS

### GROUP SESSION DATES

#### Fall I Session

**Session Dates:** September 6 – October 23

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, July 18 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, July 20 7 am – 9 pm

#### Fall II Session

**Session Dates:** October 31 – December 18

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, October 10 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, October 12 7 am – 9 pm

#### Progress Ladder Camp Session A

**Session Dates:** December 19–23

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, December 5 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, December 7 7 am – 9 pm

#### Progress Ladder Camp Session B

**Session Dates:** December 26–30

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, December 5 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, December 7 7 am – 9 pm

#### Winter Session

**Session Dates:** January 2 – February 19, 2012

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, December 5 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, December 7 7 am – 9 pm

#### Spring I Session

**Session Dates:** February 27– April 15, 2012

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, February 6 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, February 8 7 am – 9 pm

#### Spring II Session

**Session Dates:** April 23 – June 10, 2012

**Registration Dates:** Facility Membership with Current Enrollment  
Mon, April 2 7 am – 9 pm

Open Enrollment and Online Registration  
Wed, April 4 7 am – 9 pm

#### Summer Session

**Session Dates:** June 18 – August 12, 2012

**Registration Dates:** Facility Membership with Current Enrollment  
Tues, May 29 7 am – 9 pm

Open Enrollment and Online Registration  
Thurs, May 31 7 am – 9 pm

Check out our Swim Lessons  
brochure at [nwymca.org](http://nwymca.org)



## YOUTH SPORTS

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to score a goal or building the positive relationships that lead to good sportsmanship and teamwork, the Y is about building the whole child, from the inside out.

In Youth Sports at the Y, your child will experience a supportive, encouraging and fun environment. They'll learn the skills and tactics of various sports through games and practices. Our volunteer coaches and staff are dedicated to making your child's experience a positive one.

Registration for all Youth Sports opens August 1.



## VOLUNTEER COACHES

If you love sports, enjoy working with kids or have some knowledge of the game, we need your help to develop youth through serving as a volunteer coach in our Youth and Pee Wee Sports programs.

You'll practice once a week with a Saturday game. You'll need to attend one coach's meeting prior to the season and participate in online coaching training that is interactive and supports your important role as a positive adult role model.

We'll teach the fundamentals of that sport while incorporating the YMCA values of caring, honesty, respect and responsibility. As a volunteer coach, you'll give back to the community and help us teach teamwork and positive values to youth in a fun, noncompetitive environment.

For more details on Youth Sports programs call 408 351 2419.

## BASKETBALL LEAGUE

Our Youth Basketball League is for girls and boys in kindergarten through 12th grade. The league plays 5-on-5 modified rules for each division, teaching fundamentals of the game in a positive and fun atmosphere. Teams practice once a week with games on Saturdays. Each player receives a jersey and award. Divisions are separated by grade level and gender. Girls and boys will be combined on teams if there are not enough participants.

### FALL

<b>Dates:</b>	September – December
<b>Fee:</b>	\$112 Facility Member \$155 Program Member*
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale

### WINTER

<b>Dates:</b>	January – March
<b>Fee:</b>	\$112 Facility Member \$155 Program Member*
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale

### SPRING

<b>Dates:</b>	April – June
<b>Fee:</b>	\$112 Facility Member \$155 Program Member*
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale

\* A current \$25 program membership fee per year is required for registration.

# SWIM, SPORTS & PLAY

## YOUTH SPORTS

### BASKETBALL CLINICS

Prepare for the upcoming season through our basketball clinics for kids in kindergarten through 12th grade. Our three-week clinic teaches the skills and tactics of basketball, meeting twice a week for an hour each session.

<b>Dates:</b>	November - December, March - April
<b>Fee:</b>	\$60 Facility Member \$75 Program Member*
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale

### BASKETBALL PRIVATE LESSONS

Join our experienced staff for one-on-one or semi-private lessons for kids in 2nd through 12th grade. Your child will spend 45 minutes during each lesson with our staff to improve skills in a focused environment.

#### FALL

<b>Dates:</b>	September - December	
<b>Fee for Private:</b>	<b>Facility Member</b>	<b>Program Member*</b>
4 Lessons	\$80	\$96
6 Lessons	\$120	\$144
8 Lessons	\$160	\$192
10 Lessons	\$200	\$240
<b>Fee for Semi-private:</b>	<b>Facility Member</b>	<b>Program Member*</b>
4 Lessons	\$80	\$96
6 Lessons	\$120	\$144
8 Lessons	\$160	\$192
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale	

#### WINTER

<b>Dates:</b>	January - March	
<b>Fee for Private:</b>	<b>Facility Member</b>	<b>Program Member*</b>
4 Lessons	\$80	\$96
6 Lessons	\$120	\$144
8 Lessons	\$160	\$192
10 Lessons	\$200	\$240
<b>Fee for Semi-private:</b>	<b>Facility Member</b>	<b>Program Member*</b>
4 Lessons	\$80	\$96
6 Lessons	\$120	\$144
8 Lessons	\$160	\$182
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale	

#### SPRING

<b>Dates:</b>	April - June	
<b>Fee for Private:</b>	<b>Facility Member</b>	<b>Program Member*</b>
4 Lessons	\$80	\$96
6 Lessons	\$120	\$144
8 Lessons	\$160	\$192
10 Lessons	\$200	\$240
<b>Fee for Semi-private:</b>	<b>Facility Member</b>	<b>Program Member*</b>
4 Lessons	\$80	\$96
6 Lessons	\$120	\$144
8 Lessons	\$160	\$182
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale	

\* A current \$25 program membership fee per year is required for registration.

Registration for all Youth Sports opens August 1.



## Soccer Stars Discovery Program

A great introduction to soccer for children 18 months to 5 years old in a safe indoor environment. Children and parents work together to learn skills and enjoy fun soccer exercises. Classes are on the weekend.

<b>PLANET</b>	2.5–3.5 years old	5:00–5:45 pm
<b>STAR</b>	3.5–5 years old	5:45–6:30 pm

### FALL

<b>Dates:</b>	September - December
<b>Fee:</b>	\$50 Facility Member \$80 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

### WINTER

<b>Dates:</b>	January - March
<b>Fee:</b>	\$50 Facility Member \$80 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

### SPRING

<b>Dates:</b>	April - June
<b>Fee:</b>	\$50 Facility Member \$80 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

## Indoor Soccer Program

This program is for 6 and 7 year olds and teaches the key skills for indoor soccer play, including practicing scrimmages. Classes are on the weekends.

### FALL

<b>Dates:</b>	September - December
<b>Fee:</b>	\$60 Facility Member \$100 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

### WINTER

<b>Dates:</b>	January - March
<b>Fee:</b>	\$60 Facility Member \$100 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

### SPRING

<b>Dates:</b>	April - June
<b>Fee:</b>	\$60 Facility Member \$100 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

### CLINICS

<b>Dates:</b>	November - December, May - June
<b>Fee:</b>	\$50 Facility Member \$75 Program Member*
<b>Location:</b>	Northwest YMCA Aerobics Studio

\* A current \$25 program membership fee per year is required for registration.

# SWIM, SPORTS & PLAY

## YOUTH SPORTS

### YOUTH SOCCER CLINICS

Your child can prepare for the upcoming season through our soccer clinics. For kids in kindergarten through 12th grade. Players will be placed on teams according to age. Professional coaches will lead clinics each week for 90 minutes.

#### FALL

<b>Dates:</b>	September - December
<b>Fee:</b>	\$97 Facility Member \$129 Program Member*
<b>Location:</b>	Various fields in Cupertino and Santa Clara

#### WINTER

<b>Dates:</b>	January - March
<b>Fee:</b>	\$97 Facility Member \$129 Program Member*
<b>Location:</b>	Various fields in Cupertino and Santa Clara

#### SPRING

<b>Dates:</b>	April - June
<b>Fee:</b>	\$97 Facility Member \$129 Program Member*
<b>Location:</b>	Various fields in Cupertino and Santa Clara



Register online at  
<https://reg.ymcasv.org>



### LIL SPORTSTERS

For girls and boys ages 3 to 5. Lil Sportsters is a great way to introduce your child to a sports program in a noncompetitive atmosphere.

#### LIL KICKERS

<b>Registration Opens:</b>	August 1
<b>Dates:</b>	Fall (September – December)
<b>Fee:</b>	\$97 Facility Member \$129 Program Member*
<b>Location:</b>	Various fields in Cupertino and Santa Clara

#### LIL HOOPSTERS

<b>Registration Opens:</b>	August 1
<b>Dates:</b>	Winter (January – March)
<b>Fee:</b>	\$97 Facility Member \$129 Program Member*
<b>Location:</b>	Various gymnasiums and outdoor courts in Cupertino and Sunnyvale

#### LIL T-HITTERS

<b>Registration Opens:</b>	August 1
<b>Dates:</b>	Spring (April – June)
<b>Fee:</b>	\$97 Facility Member \$129 Program Member*
<b>Location:</b>	Northwest YMCA

### CHILD CARE SPORTS

Your child will enjoy the fun and excitement of three sports—flag football, dodgeball and volleyball—while participating in our child care program. Youth enrolled in our 3rd- through 5th-grade child care programs at Blue Hills, Eisenhower, John Muir, Lincoln, Meyerholz, McAuliffe, Milikin, Stevens Creek, and West Valley Elementary schools are all encouraged to participate. Kids will learn to build teamwork through physical activity. Practices and games are held during child care operating hours.

<b>When:</b>	<b>Fall</b> Flag Football <b>Winter</b> Dodgeball <b>Spring</b> Volleyball
<b>Fee:</b>	\$75
<b>Location:</b>	Various Northwest YMCA Child Care sites

\* A current \$25 program membership fee per year is required for registration.



## YOUTH FITNESS

### **DODGEBALL** Ages 7–15

Dodgeball is a fun and interactive program that requires minimal equipment and provides a great playful experience. Emphasizing teamwork, strategy and social enjoyment, dodgeball builds sportsmanship, skills and agility.

### **JR. KIDS IN MOTION** Ages 4–6

Kids will be introduced to the skills used in Kids in Motion. Athletic shoes required. Class included with facility membership.

### **KIDS IN MOTION** Ages 7–14

This energetic class will improve your child’s balance, flexibility and overall body strength. Athletic shoes required. Class included with facility membership.

### **OLYMPIC AND MULTI-SPORT TRAINING** Ages 9–17

Our Olympic Fitness program targeted to youth athletes improves your current fitness level and conditioning in a variety of sports and exercises. You’ll increase your performance in quickness, agility, track and field, strength training, and other Olympic sports.

## **SPEED AND AGILITY CLASSES** Ages 7–15

Throughout the year, the Total Health team runs speed and agility classes. In the summer, classes utilize the great weather conditions and are offered outside. During the fall and winter, class is held inside. You’ll develop speed and agility to become faster, stronger, and have more endurance for sports.

Program 1:	Youth Foundational	Ages 7–9
Program 2:	Performance	Ages 10–13
Program 3:	High Performance	Ages 14–17
Program 4:	Adult Olympic Sport	Ages 18–24

## **YOUTH KARATE** Ages 7–15

Your child can practice skills, concentration and discipline in Shotokan Karate with long, deep stances and linear movements.

## **YOUTH STRENGTH TRAINING** Ages 9–14

Our Youth Strength Training program helps young people achieve greater fitness and improved health at an early age. Focusing on strength and coordination, Youth Strength Training helps youth develop physically and socially in a friendly, encouraging setting.

## **ZUMBATOMIC** Ages 7–14

Kids will enjoy aerobic fitness training with a latin twist. Dance styles include Salsa, Meringue, Reggaeton and more. Class included with facility membership.

\* A current \$25 program membership fee per year is required for registration.

# SWIM, SPORTS & PLAY

## GYM VENTURES

At the Y, we believe the values and skills learned early on are vital building blocks for life.

In Gym Ventures, babies and toddlers develop cognitive, physical, social and language skills through exploring fun with a parent. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships, and grow independence through the Y. That makes for confident kids today and contributing and engaged adults tomorrow.

For details on Gym Ventures call 408 351 2445.

### FINANCIAL ASSISTANCE

At the Y, we welcome everyone. Financial assistance for people who need us the most comes from the generous donations we receive from people like you in our Annual Giving Campaign. Our financial assistance application is available online at [nwymca.org](http://nwymca.org) or from our Member Service Desk.



## GYM BABIES 16 months – 3 years

**Fridays, 10:30-11:15 am**

Explore fun through group activities, parachute play, singing, obstacle courses and games emphasizing development and family fun.

## GYM TODDLERS 3-5 years

**Fridays, 9:15-10:15 am**

In this "on my own" class, your child is challenged in a safe environment and builds confidence while exploring basic tumbling, balancing, jumping and climbing skills. Parents are encouraged to attend the first class of each session.

### DATES

2011		2012	
August 5-26	4 weeks	January 6-27	4 weeks
September 9-30	4 weeks	January 6-27	4 weeks
October 7-28	4 weeks	February 3-24	4 weeks
November 4-18	3 weeks	March 2-30	5 weeks
December 2-16	3 weeks	April 6-27	4 weeks

### FEES

Gym Babies	Facility Member	Program Member*
3 Weeks	\$21	\$27
4 Weeks	\$28	\$36
5 Weeks	\$35	\$45

  

Gym Toddlers	Facility Member	Program Member*
3 Weeks	\$24	\$30
4 Weeks	\$32	\$40
5 Weeks	\$40	\$50

\* A current \$25 program membership fee per year is required for registration.

## PARENTS NIGHT OUT

Enjoy a Parents Night Out while your kids enjoy fun at the Y with dinner, a snack, arts and crafts, and a movie. The fee for YMCA members is \$25 a child and \$10 for each additional child. Bring your kids to Northwest YMCA on designated Friday nights to enjoy the festivities from 5 to 9 pm. A late fee will apply after 9 pm.

# CAMP

## HOLIDAY CAMPS

During school breaks, your child can have fun with other kids during YMCA Holiday Camps, where they'll focus on specific interests and enjoy unique experiences that challenge their natural curiosity. They'll develop new friendships, meet positive adult role models, and develop leadership skills.

### ACCREDITED BY THE AMERICAN CAMP ASSOCIATION

All our camps are accredited by the American Camp Association, meeting the highest standards in nearly 300 areas, including health, safety, personnel, transportation and facilities.

### TO REGISTER

If you are paying 12 days prior to the start of the camp, you may pay in full at that time or pay a \$50 non-refundable deposit to secure space in the camp. If you decide after that time to register your child for a different holiday camp instead, your deposit is transferable to another camp. If you do not register your child at least 12 days prior to the start of camp, you must pay for the camp in full at the time of registration.

For registration, you will need to complete a current YMCA Medical Release/Liability Waiver for each child prior to registering for camp. The YMCA Medical Release/Liability Waiver must be current during the camp for which you are registering. These forms are vital for your child's safety and are valid for one year. Pick up your form at our front desk.

You cannot register your child without completing the YMCA Medical Release/Liability Waiver.

### STAFF TO CHILD RATIOS

5 years old	1:6
6-8 years old	1:8
9-11 years old	1:10

### CAMP HOURS

<b>Extended Day Camp (AM) Drop Off</b>	7-8:45 am
<b>Camp Monday-Friday</b>	8:45 am - 4 pm
<b>Extended Day Camp (PM) Pick Up</b>	4:30-6 pm

A late fee of \$15 will apply for the first 15 minutes after the end of camp. An additional \$1 per minute fee will apply after the first 15 minutes.

**Registration for all holiday camps opens Oct 1.**

## WINTER BREAK CAMPS

### CAMP DISCOVERY

Camp Discovery is a perfect introduction to day camp for your younger child. Activities include arts and crafts, games and field trips. We offer two weeks in December for the following grade levels:

<b>Grades:</b>	1-3	
<b>Dates:</b>	December 19-23 and December 26-30	
<b>Fee:</b>	\$200/session	Facility Member
	\$210/session	Program Member*
<b>Location:</b>	Lincoln Elementary School Child Care Site	

### CAMP EXPLORER

In Camp Explorer, your child will enjoy traditional camp activities and field trips and participate in team building challenges, active games, and arts and crafts. We offer two weeks in December for the following grade levels:

<b>Grades:</b>	4-6	
<b>Dates:</b>	December 19-23 and December 26-30	
<b>Fee:</b>	\$200/session	Facility Member
	\$210/session	Program Member*
<b>Location:</b>	Lincoln Elementary School Child Care Site	

## SPRING BREAK CAMPS

### CAMP DISCOVERY

Camp Discovery is a perfect introduction to day camp for your younger child. Activities include arts and crafts, games and field trips.

<b>Grades:</b>	1-3	
<b>Dates:</b>	April 16-20, 2012	
<b>Fee:</b>	\$200/session	Facility Member
	\$210/session	Program Member*
<b>Location:</b>	For location details, call or visit the Y.	

### CAMP EXPLORER

In Camp Explorer, your child will enjoy traditional camp activities and field trips and participate in team building challenges, active games, and arts and crafts.

<b>Grades:</b>	4-6	
<b>Dates:</b>	April 16-20, 2012	
<b>Fee:</b>	\$200/session	Facility Member
	\$210/session	Program Member*
<b>Location:</b>	For location details, call or visit the Y.	

For Healthy Living

# FAMILY TIME

## COMMUNITY AND FAMILY EVENTS

Serving families has always been at the heart of the Y. We are a place where you can find respite from daily challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance, and become more engaged with community.

### FIRST FRIDAY

Join us on the first Friday of every month, as we partner with others in the community to bring you moments to share, learn and grow closer.

While you're here, join us for a free movie night. An adult must remain in the room with kids at all times.

### BLOOD DRIVE

We're partnering with Stanford Blood Center to increase donations for blood to help our community. For dates or to make an appointment go to <http://bloodcenter.stanford.edu>, click on "schedule an appointment" and search on 95014.

### BRIDGE TO HEALTH RUN

**Sunday, September 11**  
**Memorial Park in Cupertino**

At the Y we're committed to youth development, healthy living and social responsibility. We help children and adults understand and value their health, and we nurture their well-being.

Join our cause to strengthen community. Proceeds benefit youth outreach programs.

- A 5K walk/run for everyone
- Kids Fun Run
- Warm up and check in: 7 am
- Run starts: 8 am

For details and to register: [www.bridgetohealthrun.org](http://www.bridgetohealthrun.org)

### BIG PAYBACK BREAKDANCE EVENT

**Saturday, September 24, 2-7 pm**

You can enter the competition, watch or just dance during the breaks.

### HALLOWEEN AT THE Y

**Friday, October 28**

Trick or treat your way through the Y. Join us for Halloween treats and a haunted house.

### HALLOWEEN STEP-UP

**Saturday, October 29, 9:45-11:15 am**

Step-Up for our community. This 90-minute step workout with a team of instructors is guaranteed to get your heart-rate up. Come in costume.

### TURKEY BURN

**Friday, November 25, 9-10:30 am**

Too much turkey? Join us for an innovative and fun post-Thanksgiving workout, bootcamp-style. Burn off calories while supporting our community and those in need. An intense workout followed by a relaxing stretch.

### HEALTH FAIR

**Friday, December 2**

This all ages event will start at 1 pm, ending with family night. At the Health Fair, there will be demos of activities and information handed out to show you how to incorporate health and wellness into the lifestyle for you and your family.

### CHRISTMAS PARTY

**Friday, December 16**

Celebrate family time and get your picture taken with Santa.

### VALENTINE'S FAMILY DANCE

**Friday, February 10, 2012**

Dance the night away with a DJ and your whole family.

### DECATHLON

**Saturday, April 14, 2012**

A ten event Challenge Event that tests your speed, strength, agility, and endurance. The Decathlon brings people together to test their physical abilities while raising money for the community.

### FAMILY FITNESS

#### FAMILY YOGA

Family Yoga incorporates fun and innovative games. For ages 5 and older, with a parent/guardian.

#### FAMILY ZUMBA

Families will enjoy aerobic fitness training with a latin twist. Dance styles include Salsa, Meringue, Reggaeton and more. For ages 5 and older, with a parent/guardian.

## ADVENTURE GUIDES

Adventure Guides launches parents and children in kindergarten through 6th grade on a journey of discovery, with your child as the explorer and you as the guide. Together, you'll enjoy group adventures such as games, crafts, songs, stories, overnight trips, white water rafting and more. Groups will be organized into Circles by school or location, and you'll attend one meeting and one weekend activity per month.

For details and to register call 408 351 2418.

## WELCOME BACK CARNIVAL

At our Welcome Back Carnival, we'll welcome back all new and returning members of Atlantis, Northstar, Y-Maidens and Trailblazers. Bring a friend to the Carnival and when he/she registers for YMCA Adventure Guides on Carnival Day, you'll be entered into a drawing for a FREE Roughout 2011, an overnight getaway for a parent and child.

<b>Date:</b>	Saturday, September 17
<b>Time:</b>	11 am – 4 pm
<b>Location:</b>	Northwest YMCA Blacktop Area
<b>Fee:</b>	FREE EVENT

## ATLANTIS (Dads and Daughters) Entering Kindergarten – 3rd Grade

Spend time bonding with your daughter at various events throughout the year. You'll camp out in the wilderness, experience overnight adventures, participate in community service activities, enjoy the father/daughter dance, and participate in other fun, entertaining and educational activities. Some monthly events may include long standing traditions such as pancake breakfasts, campfires, and skits.

<b>Dates:</b>	September – May
<b>Fee:</b>	\$125 per pair* \$85 per additional child*

## NORTHSTAR (Dads and Sons) Entering Kindergarten – 3rd Grade

Spend time bonding with your son at various events throughout the year. Beyond camping out in the wilderness, overnights, movie night, and community service activities, you will go on trips that provide opportunities for fun, entertainment and educational enrichment. Some monthly events may include long standing traditions such as pancake breakfasts, campfires, and skits.

<b>Dates:</b>	September – May
<b>Fee:</b>	\$125 per pair* \$85 per additional child*

## Y-MAIDENS (Mothers and Daughters) Entering Kindergarten – 3rd Grade

Enjoy bonding with the girls, attending day and overnight trips. For moms and their daughters looking for new adventures where they can spend time outdoors enjoying nature, hiking, camping, creating crafts, service learning, and much more.

<b>Dates:</b>	September – May
<b>Fee:</b>	\$125 per pair* \$85 per additional child*

## TRAILBLAZERS (Dads and Sons, Dads and Daughters) Entering 4th – 6th Grade

Spend time bonding with your son at various events throughout the year. Beyond camping out in the wilderness, overnights, movie night, and community service activities, you will go on trips that provide opportunities for fun, entertainment and educational enrichment. Some monthly events may include long standing traditions such as pancake breakfasts, campfires, and skits.

<b>Dates:</b>	September – June
<b>Fee:</b>	\$125 per pair* \$85 per additional child*

## WAHOO PATHFINDERS Entering 7th – 12th Grade

Wahoo Pathfinders is for program alumni in 7th through 12th grade who want to continue participation in some Trailblazer events.

<b>Dates:</b>	September – June
<b>Fee:</b>	\$25 program membership only

\* A current \$25 program membership fee per year is required for registration.

Registration for all Adventure Guides opens August 1.

# HEALTH, WELL-BEING & FITNESS

## GROUP CLASSES

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body.

The Y is a place where you can work toward that balance through participating in our group fitness classes, while fostering connections with friends. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

We offer more than 115 classes a week including:

**BELLY DANCE** This fun, calorie burning workout tones and shapes your mid-section while you learn to move like a belly dancer.

**BODYPUMP™** The original barbell class that strengthens your entire body.

**BOLLYWOOD FITNESS** Learn various upbeat Indian and Western dance steps from Bollywood movies. Include strength training and body sculpting.

**BOOTCAMP INTERVAL** Incorporates drills, weights, active cardiovascular segments, BOSU® balls, bands, core conditioning and more.

**CYCLING** Using specialized indoor bikes, this class incorporates different levels of resistance, speed and intensity for a great workout. Bikes are compatible with athletic shoes and clip-in shoes.

**DANCE FUSION** Utilize a variety of dance styles and techniques to give you a total body workout.

**HATHA YOGA** Emphasis is on proper body alignment and coordinating breathing with movement, grace and power within each pose.

**LINE DANCE** Learn fun choreographed dances in lines. No partner needed.

**MAT PILATES** Develop core strength and tone your body. Pilates improves posture, alignment and general fitness.

**NIA** A spirit, mind, body fitness program that integrates martial arts, dance arts and healing arts. Beginners welcome.

**QI GONG** A self-healing art that combines movement and meditation. Uses visualizations to enhance the mind/body connection and to assist healing. Beginners welcome.

**STEP** A high energy class using a step and other equipment to increase muscle strength and improve cardio.

**TAI CHI** Traditional Chen Taijiquan combines martial arts aspects with health benefits. Develops strength and coordination and promotes muscle relaxation and flexibility. Fee for Program Members.

**TRX** Total Body Resistance Exercise training will challenge you to the core. Perform hundreds of exercises that build power, strength, flexibility and balance at your own intensity.

**VIV'ASIA** Dance to the music and rhythms of Asia and increase your upper body strength with the use of props such as fans, ribbons and drumsticks. Non-stop fun, easy to follow choreography.

**ZUMBA** Aerobic fitness training with a latin twist. Dance styles include Salsa, Meringue, Reggaeton and more.

## BEGINNING WOMEN'S STRENGTH TRAINING

For women who have never lifted weights or who have a very limited history of strength training. Learn how to safely work out in a semi-private, small group atmosphere while dispelling misconceptions of strength training. This class is only for beginners.

## WOMEN'S STRENGTH TRAINING

This class provides a semi-private, small group atmosphere for you to learn muscle function and safety while dispelling misconceptions of strength training. You will develop muscular fitness in a fun and interactive group.

## MEN'S STRENGTH TRAINING

In Men's Strength Training, you'll develop hand-eye coordination, new skills, and proper lifting techniques while increasing your strength and endurance and meeting new friends. For all levels, from beginners to experienced strength trainers.

## MORNING CRUNCH

Our certified personal trainer will lead you in specialized workouts. Pick your target zone and we'll support you along the way.

Tuesdays, 6-7 am

Fridays, 6-7 am

## ADULT KARATE

Practice skills, concentration and discipline in Shotokan Karate with long, deep stances and linear movements.

Visit [nwymca.org](http://nwymca.org) for current group fitness class schedules

## PILATES REFORMER

Pilates Reformer engages your spirit, mind and body, leaving you with a feeling of total well-being.

If you want to be toned, stronger and have more energy or if you want to take your fitness routine to a new level, we recommend that you start with a private session to help you learn the safest, most effective patterns of motion. Then, after eight weeks of group training, we recommend you do another private session to advance your knowledge and skills.

If you are recovering from an injury, we recommend only private sessions.

### Benefits of Pilates Reformer Training

- Improves balance, posture, coordination, strength and flexibility
- Develops a stronger core through integrating your trunk, pelvis and shoulders
- Balances your spirit, mind and body through proper breathing, pelvic and spinal alignment, and concentration on smooth, flowing movements
- Enhances recovery from injury, improves sports performance, and promotes good posture and optimal health
- Enables you to train safely with movements that are gentle on your joints and body, while providing you an evenly balanced and conditioned workout

Pilates Reformer is for all fitness levels. See our Pilates Reformer brochure for program details and pricing.



Register online at  
<https://reg.ymcasv.org>



For Healthy Living

# HEALTH, WELL-BEING & FITNESS

## ACTIVE OLDER ADULTS

### Inspiring a Lifetime of Health

Our Active Older Adult program helps you achieve and maintain physical and mental fitness regardless of your physical limitations.

At the Y we can help you:

- Assess your current health and fitness level
- Learn how to manage muscle pain
- Try gentle aerobic activity by yourself or in small groups
- Personalize your activities to fit your needs
- Find motivation for nutrition and lifestyle changes
- Connect with others in fun activities

### Get strong, stay engaged and live healthy with these activities for older adults:

Aqua Arthritis	Mat Pilates
Aqua Fitness	Nia
Belly Dance	Qi Gong
Chair Yoga	Stretch and Balance
Circuit Training	Tai Chi
Cycling	TRX Stretch & Flex
Gentle Yoga	Yogalates
Healthy Back	Zumba Gold
Line Dance	

### To Get Started

- Discuss your needs with one of our senior wellness coaches to get a customized plan to help you achieve and maintain an active lifestyle at the Y, at home, and in the community.
- Join us for our Brown Bag events, featuring information on health, safety and other issues important to older adults.
- Take part in our senior fitness assessments and have fun connecting with others in group exercise classes designed for your needs.

## SENIOR STRENGTH TRAINING

A strength training class for adults (ages 60 and older) that focuses on functional fitness and overall strength and conditioning.

### WHAT IS FITLINXX?

A free computerized training system designed to empower you to achieve your personal fitness goals.

#### Benefits of FitLinxx

- Records exercises you do, including the weight you've lifted and the calories you've burned.
- Helps you achieve a consistent, customized workout every time, at your own pace.
- Includes step-by-step instructions, immediate feedback, and coaching from exercise to exercise.
- Remembers your personalized settings on strength training and cardio equipment.
- Enables you to access your information online and update your workouts at home.
- Helps you stay motivated with monthly progress reports and stay connected to your YMCA wellness coach.

Register today at our Wellness Center.



# PERSONAL TRAINING

## GROUP PERSONAL TRAINING

Get personal attention and exercise with friends. Small group training offers the private attention and comfort of a group for encouragement. Maximum enrollment is 6 people.

Number of Sessions	Facility Member	Program Member*
1 session	\$35/person	-
4 sessions	\$120/person	\$156/person
6 sessions	\$165/person	\$215/person
8 sessions	\$200/person	\$260/person
12 sessions	\$300/person	\$390/person
24 sessions	\$600/person	\$780/person

## PRIVATE PERSONAL TRAINING

(By appointment only)

Meet your personal fitness goals with a private, individualized fitness program.

Number of Sessions	Facility Member	Program Member*
1 session	\$60	-
4 sessions	\$200	\$260
6 sessions	\$285	\$370
8 sessions	\$360	\$468
12 sessions	\$540	\$702
24 sessions	\$1,080	\$1,404

\* A current \$25 program membership fee per year is required for registration.

## WHAT IS PERSONAL TRAINING?

One-on-one instruction with a certified personal trainer, who develops an exercise program to fit your fitness needs and training goals. Your trainer guides you through a safe workout, monitoring your every move to make sure you are getting the most out of your training.

### Benefits of Personal Training

- A fitness routine that's right for you
- A challenge to your current workout
- Sport-specific training programs
- New levels of fitness
- Improved focus and motivation

Each session is approximately one hour and is scheduled between you and your trainer. Requesting a personal trainer is easy. Simply register and submit your payment. Start today, and let us support you in your journey toward health and wellness.

All personal training packages expire six months from date of first visit.



Register online at <https://reg.ymcasv.org>

For Healthy Living

# HEALTH, WELL-BEING & FITNESS

## ADULT WATER ACTIVITIES

### AQUA FITNESS

Our Aqua Fitness program uses water as resistance to improve your cardiovascular system, mobility, flexibility, muscle strength, and endurance. Sessions include stretching, walking, jogging and using a variety of water accessories. Exercise at your own intensity, based on your current fitness level.

### ARTHRITIS FOUNDATION AQUATIC PROGRAM

Our program co-developed with the Arthritis Foundation offers relief from arthritis and related conditions. The gentle motions and activities in water help increase your mobility, joint flexibility, range of motion, and muscle strength and endurance.

### WATER WALKING (Available seasonally)

Enjoy exercising at your own pace with water walking. This class is recommended for people attempting to regain strength after an injury or to recover from surgery. Although the ability to swim is not required, you can choose to swim while following the proper lane-sharing etiquette.

### YMCA SWIM LESSONS

YMCA swim lessons include five components: personal safety, personal growth, stroke development, games and fun, and water rescue. We teach in a progressive way using positive reinforcement and incorporating our values of caring, honesty, respect and responsibility.

### ADULT (I & II) 14 and older

#### Adult I

For adults who are brand new to the swimming experience. We teach water adjustment skills and help you develop independent movement for basic arm and kicking movements, front and back floats. **Class Ratio 1:8**

#### Adult II

For adults who can swim 15 feet with faces in the water without a flotation device. We review and improve stroke skills on front, back and side breathing, and help you build endurance. **Class Ratio 1:8**

### PRIVATE AND SEMI-PRIVATE LESSONS

Private and semi-private lessons are a good way for you to have extra attention to improve your strokes and skills.

### ADULT FITNESS SWIM

Swimming is great exercise. Do a serious water workout or just get your heart rate up a little. Lanes are designated for slow, medium or fast-paced swimmers.

### AQUATIC PERSONAL TRAINING

Join our Total Health personal trainers, as they support you in achieving your fitness goals in the water. This is a great opportunity to enjoy a total body workout with little or no impact.

**Find our latest swim schedule online at [nwymca.org](http://nwymca.org).**



# VOLUNTEERISM & GIVING

## MAKE A DIFFERENCE IN THE COMMUNITY

### VOLUNTEER AT THE Y

With a focus on youth development, healthy living and social responsibility, Y volunteers give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure.

Volunteers of the Y:

- Lead our Boards of Managers and committees
- Raise funds to ensure the Y is accessible to all people in the community
- Coach our sports teams and teach many of our classes
- Motivate and support youth in building the character strengths, skills and relationships that lead to positive behaviors, better health, smart life choices, and the pursuit of higher education and goals
- Extend a hand to help adults who want to do more, be more or live healthier
- Participate in opportunities to give back and support neighbors
- Befriend new members as a greeter

The Y is a nonprofit like no other. Take an active role in strengthening your community. Volunteer today.

### GIVE TO THE Y

At the Y, we believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health, and our neighbors. When you make a financial contribution to our Annual Giving Campaign, you continue to strengthen our community and move us all forward.

**Make a gift today. You'll make an enduring impact right in your own community.**

### Y-SERVICE CLUB

The Northwest Y Service Club is a volunteer group and an International Coed Service Club that supports Northwest YMCA and our surrounding communities. Locally, we volunteer to help programs, including the YMCA Adventure Guides, raise funds and complete service projects to improve our facility.

#### **Our Objective**

To cultivate good fellowship

#### **Your Benefit**

Personal involvement and growth within yourself, your community and abroad

#### **When and Where We Meet**

Meetings are held at Northwest YMCA on the first and third Thursday of each month (except July and August) at 6:30 pm.

#### **Who to Contact**

Doreen Huston - President  
408 351 2445

Buck Cox - Vice President  
650 964 3734





## NORTHWEST YMCA

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**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

